



SPRING 2010

Adult Yoga

This gentle Hatha Yoga class will focus on asana (postures) and pranayama (breath) in a relaxed and non-competitive atmosphere. Through yoga practice we will strengthen our bodies and improve balance and flexibility. We will explore movement and breath to reduce stress and improve relaxation.

Wednesdays 6:15-7:30PM

April 14th– June 16th

Fee 10 week session: \$40.00

Adult Dance Lessons:

Ballroom & Swing Mix

This class is the combination of the following:

- The elegance of Ballroom dance has made a welcome comeback! Men will gain confidence to lead, and ladies will learn to follow with grace. Learning both smooth and Latin ballroom dancing will have you asking “shall we dance” in no time!
- It’s fun, it’s easy, it’s popular, it’s SWING! Once you have learned the basic steps and turns, you will move easily to everything from Western and Big Band sounds to rock ‘n’ roll!

Thursdays 7:00-8:30PM

May 6th– May 27th

Fee: \$35.00

Latin Dance Class

By that we mean we'll learn some Rumba, Cha Cha and a little Salsa. In this program we will learn steps and patterns. The men will learn how to lead and the ladies to follow, but most of all it is fun and easy. Come join us for our Latin series.

Thursdays 7:00-8:30PM

April 1st– April 22nd

Fee: \$35.00

Ballroom & Swing Mix

This class will be a combination of the Ballroom & Swing classes.

Thursdays 7:00-8:30PM

May 6th– May 27th

Fee: \$35.00

Fitness 40+

This class is designed for the person who wants to get back into an exercise program and have a good time doing it!

Move and groove to music while building a healthier lifestyle!

Mondays 6:00-7:00PM

Spring April 19th– June 28th (No Class 5/31)

Fee \$30.00 10 weeks session

Thursdays 6:30-7:30PM

Spring April 22nd– June 24th

Fee \$30.00 per 10 week session

Stitcher's Workshop

Stitcher's workshop-quilting, knitting and needlework in this multi-technique class students of all levels of expertise are welcome. There will be instruction and/or projects in quilting, knitting, and various types of need. Join us to learn a new skill, start a new project, or finish those "UFO's" (Unfinished Objects!!)

Tuesdays 6:30– 9:00PM

Spring April 6th– June 15th

Fee: \$33.00 per 11 week session

ZUMBA

Ditch the workout, join the party!!

ZUMBA is a Latin-inspired, dance fitness class that incorporates Latin & International music and dance movements. You do NOT need to know how to dance to enjoy the class. ZUMBA is about the music, not the exercise. It's Fun--ZUMBA is exercise in disguise

It's Easy -ZUMBA is designed for everyone - every fitness level and any age. It's great for the mind, body, and soul!

Come dance and have some fun!!

Mondays 6:00-7:00

April 12th– June 21st

Fee: \$35.00 per 10 week session

Class Schedules will be handed out first week of classes. Classes do not run on Holidays.

Pilgrim Enrichment Center

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Please send registration and check for payment to address above or bring to first class

For a printable registration form, please [CLICK HERE](#)